

## North Bristol Support Group!

**Bristol Parent Carers invites parents and carers who have children/young people (0-25) with special needs, disabilities, or life-limiting conditions to:-**

- Meet others and share experiences
- Get advice and information
- Relax with a 15 minute therapy session
- Participate in art/crafts or movement activities

**We meet on a Wednesday from 10.30am - 12.30pm**

**2018 : Jan 24, Feb 21, Mar 21, Apr 18, May 16, June 20, July 18, Sept 19,  
Oct 24, Nov 21, Dec 19**

**At: Henbury and Brentry Community Centre, Machin Road, Henbury, Bristol, BS10 7HG**

**No need to book, just come along. Travel and childcare costs reimbursed with receipts.**

*For details: Tel: 0117 939 6645 Ext. 204 (Mon, Tues & Thursdays) or email: [rosie@bristolparentcarers.org.uk](mailto:rosie@bristolparentcarers.org.uk)*

**Free car park, Buses: 1, 2, 4, 76**

**For additional support call Carersline on: 0117 965 2200**

**For more information about Bristol Parent Carers please go to: [www.bristolparentcarers.org.uk](http://www.bristolparentcarers.org.uk)**

*If you care,  
we care.*

Carers Support Centre  
Bristol & South Gloucestershire

**We also run a support group in Central Bristol**



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